

**Hathorn Program Schedule (01/01/2024)**

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:30am	<b>Community Meeting</b>	<b>Community Meeting</b>	<b>Community Meeting</b>	<b>Community Meeting</b>	<b>Community Meeting</b>	<b>Community Meeting</b>	<b>Community Meeting</b>
8:40am							
9:15am	Phone Visiting/ Walk	Phone Visiting/ Walk	Phone Visiting/ Walk	Phone Visiting/ Walk	Phone Visiting/ Walk	Phone Visiting/ Walk	Phone Visiting/ Walk
9:30-10:00am							
10:00 - 11:00am	<b>Mindfulness /Movement</b> (10-10:45)	<b>Motivation for Change</b> (Cameron) (H)	<b>Self-Esteem</b> (Nursing) (H)	<b>Skills Training</b> (Nursing) (H)	<b>Managing Avoidance</b> (Abby) (H)	<b>Skills Training</b> (Nursing) (H)	<b>Medication Education</b> (LR)
11:45am	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00-1:45pm	<b>CRAFTS</b> (12:30-1:30)	<b>Nutrition/Healthy Lifestyles Group</b> (Rebecca) (H)	<b>Radical Acceptance</b> (Chelsea) (H)	<b>Boundaries</b> (Carol) (H)	<b>Self Compassion</b> (Harriet) (H)	<b>Incorporating Values in Recovery</b> (Lisa) (H)	<b>CRAFTS</b> (Sarah) (12:30-1:30)
2:00-3:00pm	Visiting/Activities  (2-3 and 3-4pm)	Visiting/Activities	Visiting/Activities	Visiting/Activities	Visiting/Activities	Visiting/Activities	Visiting/Activities  (2-3 and 3-4pm)
3:00-3:45pm		<b>Expressive Arts</b> (Sarah) (H)	<b>Life Transitions</b> (Lisa) (H)	<b>Experiential Mindfulness</b> (Harriet) (H)	<b>Managing Destructive Habits</b> (Cameron) (H)	<b>Cognitive Restructuring</b> (Chelsea) (H)	
4:15-5:00pm	<b>Safety Planning</b>	Phone/ Activities	Phone/ Activities	<b>CRAFTS</b> (4-5 PM)	Phone/ Activities	Phone/ Activities	<b>Skills Group</b> (H)
5:30pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:30-7:15 pm	<b>Diary Card Review</b>	<b>Diary Card Review</b>	<b>Diary Card Review</b>	<b>Diary Card Review</b>	<b>CD Self Help</b> Nursing (H)	<b>Diary Card Review</b>	<b>Diary Card Review</b>
7:15-8:00pm					<b>Diary Card Review</b>	Karaoke (H)	
8:00-9:00pm	Unit Based Activities	Phone & Unit Activities	Phone Visiting & Unit Activities	Phone & Unit Activities	Phone & Unit Activities	Phone & Unit Activities	Unit Based Activities
9:00-9:30pm	Unit based Meditation/ Relaxation	Unit based Meditation/ Relaxation	Unit based Meditation/ Relaxation	Unit based Meditation/ Relaxation	Unit based Meditation/ Relaxation	Unit based Meditation/ Relaxation	Unit based Meditation/ Relaxation

*Patients are expected to attend all assigned groups. Please note the group schedule is subject to change. See a staff member if you have questions.*